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FEBRUARY 16, 2010 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**



MEDAL COLLECTOR
Bode Miller claims bronze with a strong run in the downhill **20**

UNIVERSITY SHOOTING
Ala. suspect's dark past has some asking why she was hired **4**



SENATE STUNNER
Evan Bayh retires in the latest blow for the reeling Democrats **3**



THEIR FIGHT

More Afghans join the fray as the U.S. launches its largest-ever offensive against the Taliban 19

am 38 26 pm

FOR EXTENDED FORECAST, SEE PAGE 45

An Afghan National Army soldier loads his machine gun Monday before leaving a camp to fight in a U.S.-led offensive against Taliban strongholds in Helmand province.



EYE OPENERS

Otter Works to Appear Less Horrifying at Meals

State officials in Greenville, Maine, say witnesses who reported seeing a drowning snowmobiler were probably looking at an otter enjoying a snack. On Thursday, three people reported seeing a snowmobiler struggling in Moosehead Lake. Officials flew overhead but found no evidence that a person had gone through the ice. Cpl. Mike Joy says authorities did find evidence that an otter had been feeding there. (AP)

“They say an apple a day keeps the doctor away; a hug a day — it’s just fun.”

— JEFF ONDASH, A MAN WHO EMBRACED THE VALENTINE’S DAY SPIRIT AND SET A WORLD RECORD IN LAS VEGAS ON SATURDAY BY GIVING 7,777 HUGS IN 24 HOURS. (AP)

Badge Does More Than Instill False Sense of Power

A police officer’s badge saved his life when it stopped a bullet during an exchange of gunfire in North Las Vegas. Police say the 31-year-old officer was patrolling on Saturday when he heard shots being fired in an apartment complex. While investigating, the officer came upon a person with a gun, who opened fire. The officer returned fire and was hit. But the bullet hit his badge, and the officer suffered only minor injuries. (AP)

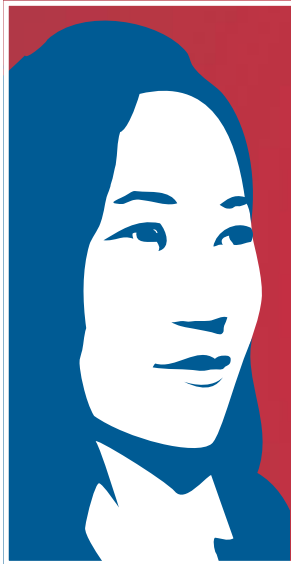


The Big Picture

ARIS MESSINIS/AFP PHOTO/GETTY IMAGES



REVELERS IN THE PORT TOWN of Galaxidi, Greece, participate in the annual “Clean Monday” celebration, the highlight of which is a “flour war.” These traditional festivities mark the end of the carnival season and the start of the 40-day Lenten period leading up to Greek Orthodox Easter. (EXPRESS)





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GOP Brass To Hear Out Tea Party

Washington

About 50 leaders of the "tea party" movement will meet in Washington on Tuesday with Republican



Steele

Party Chairman Michael Steele and other party operatives to discuss campaign strategies and conservative principles.

The afternoon meeting on Capitol Hill will mark the first time a broad coalition of tea party organizers will sit down with GOP leaders. Top Republican leaders have been openly courting tea party organizers, looking to marshal grassroots energy heading into November's elections.

Karin Hoffman, founder of DC Works for Us — a Florida tea party group — said she initiated the meeting by approaching Steele last month and asking him to sit down with a range of tea party organizers. She said her goal is to open a civil dialogue with the GOP leadership, but she dismissed any suggestion that tea party groups would merge with the Republican Party.

PHILIP RUCKER (THE WASHINGTON POST)

Bayh Bids Farewell to Congress

Indiana Democrat is the latest incumbent to opt for retirement

Washington

Sen. Evan Bayh, a centrist Democrat who was on Barack Obama's short list of vice presidential candidate prospects in 2008, announced Monday that he won't seek a third term in Congress, giving Republicans a chance to pick up a Senate seat in the November elections.

The departure of Bayh continues a recent exodus from Congress among both Democrats and Republicans. The announcements have sprung up in rapid-fire fashion amid polls showing a rising anti-incumbent fervor and anger over Washington partisanship, high unemployment, federal deficits and lucrative banking bonuses.

Bayh's retirement from Republican-leaning Indiana adds to the struggle Democrats will face this fall to prevent an erosion of the 59 votes they have in the 100-seat chamber. It follows Republican Scott Brown's stunning January



Sen. Evan Bayh, D-Ind., explains his retirement to the press Monday in Indianapolis.

upset to take Edward Kennedy's former seat in Massachusetts, which ended the Democrats' 60-vote supermajority.

Bayh, who won the Indiana Senate seat in 1998, attributed his decision to the bitter partisan divides that have dominated Congress in recent years.

"I love working for the people of Indiana; I love helping our citizens make the most of their lives; but I do not love Congress," Bayh said.

"My decision should not be interpreted for more than it is — a very difficult, deeply personal one," he said. "I am an executive at heart. I value my independence. I am not motivated by strident partisanship or ideology."

Bayh, 54, said it was time for him to "contribute to society in another way," either by creating jobs with a business, leading a college or university, or running a charity.

"After all these years, my passion for service to our fellow citizens is undiminished, but my desire to do so by serving in Congress has waned," Bayh said. ALAN FRAM (AP)



MEDICINE

A nasal spray containing a hormone that makes women more maternal and men less shy apparently can help those with autism make eye contact and interact better with others, according to a new study. The study involving 13 adults with autism found that when they inhaled oxytocin, they scored significantly better on a test that involved recognizing faces and performed much better in a game that involved tossing a ball with other people. (THE WASHINGTON POST)

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Nation

Suspect's Sketchy Past

Some question why woman accused in shooting was hired

Huntsville, Ala.

Grieving relatives of three professors gunned down at a university faculty meeting questioned why their accused colleague was hired despite a dispute with a former boss who received a pipe bomb and the shooting death of her brother.

Amy Bishop is charged in the three deaths and the wounding of three other professors at a meeting Friday at the University of Alabama in Huntsville. She was vocal in her resentment about being denied tenure and the looming loss of her teaching post.

The outbreak of violence was followed by a weekend of revelations about Bishop's past.



Amy Bishop, center, is accused of killing three professors in Huntsville, Ala.

In 1986, Bishop shot and killed her 18-year-old brother with a shotgun at their Braintree, Mass., home. She told police at the time that she had been trying to learn how to use the gun when it accidentally discharged. Authorities said the epi-

sode was a tragic accident. In another incident, the Boston Globe reported that Bishop and her husband were questioned about a pipe bomb sent to one of Bishop's colleagues, Dr. Paul Rosenberg, at Children's Hospital Boston in 1993. The bomb did not go off, and no one was ever charged.

The widower and two stepdaughters of one of the professors killed said they were shocked that Bishop was hired by the school.

"I think they need to do a little more investigation when coming down to hiring teachers and things like that. ... This is a lot coming out," said Melissa Davis, whose stepmother was shooting victim Maria Ragland Davis.

Her sister, Latashia Davis, said she was angry: "How did she even get a job working at the school if she had this type of background?" (AP)

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Nation

Ex-Rep. Takes on McCain

Radio host launches primary challenge to longtime senator

Phoenix

Conservative talk-radio host J.D. Hayworth kicked off his campaign challenging longtime Republican Sen. John McCain Monday with a rally in Phoenix.

"Arizona needs strong, reliable, conservative leadership ... to stand up to the Democrats' leftist agenda and offer the conservative solutions we need to get our country moving again," Hayworth said.

McCain held his own event at the same time in nearby Tempe, with more than two dozen Arizona mayors vowing to support him.

Hayworth has lined up a few big-name conservative backers — including Maricopa County Sheriff Joe Arpaio, known for his tough policies targeting illegal immigration, and conservative commentator Pat Buchanan.

"There are two John McCains," Hayworth said. "The one who cam-



Republican J.D. Hayworth kicks off his Senate campaign on Monday in Phoenix.

paigns like a conservative and the one who legislates like a liberal."

McCain is still the clear front-runner in the race, well-known after two presidential campaigns and almost three decades in Congress. He also has more than \$5 million in the bank, according to his latest campaign finance report. Hayworth said last week his campaign is approaching \$100,000 in contributions.

A former television sportscaster, Hayworth was among a wave

of Republicans elected to the U.S. House in 1994. He spent the next 12 years representing his district covering part of the eastern suburbs of Phoenix and, for a time, American Indian reservations.

Democrat Harry Mitchell defeated Hayworth in 2006, winning the Republican-leaning district amid a rough national climate for Republicans and questions about Hayworth's dealings with disgraced lobbyist Jack Abramoff.

JONATHAN J. COOPER (AP)

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34 Death Complaints Filed Against Toyota

Rapid acceleration of vehicles is alleged in fatal U.S. crashes

Washington

The government has received new complaints that bring to 34 the number of alleged deaths in Toyota vehicles due to sudden acceleration since 2000, according to government data posted Monday.

The government has received complaints during the past three weeks alleging 13 deaths. The deaths allegedly tied to this problem happened in nine crashes between 2005 and 2010.

From 2000 to 2009, complaints



PAUL SANCI/AP

A technician fixes an accelerator pedal for a Toyota Corolla in Clinton Township, Mich.

alleging 21 deaths in Toyota vehicles had been filed with the government.

Toyota Motor Corp. has recalled 8.5 million vehicles globally during the past four months because of

problems with gas pedals, floor mats and brakes, threatening the safety and high-quality reputation of the world's No. 1 automaker. The government typically receives a surge in complaints following a recall. None has yet been verified.

The new complaints reflect the heightened awareness of the recall among the public and underscore a flurry of lawsuits on behalf of drivers alleging deaths and injuries in Toyota crashes. Three congressional hearings are planned on the Toyota recalls.

The database also shows new complaints filed regarding the 2010 Prius gas-electric hybrid, which was recalled last week to replace braking software. **KEN THOMAS (AP)**

DISTRACTIONS



An unemployed man in Aquilla, Ohio, is keeping himself busy by building a chilled-out man cave. Jimmy Grey, above, said he's been out of work for almost a year and needed a project to stay busy. After the heavy snowfall this winter, the 25-year-old got to work on an igloo in his family's yard. The structure now has four rooms. (AP)

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In Brief

PORT-AU-PRINCE, HAITI
Power Outage Delays
Decision on 10 Americans

Haiti's creaky, quake-damaged electrical system apparently delayed on Monday a judge's decision about whether to release 10 Americans charged with child kidnapping. Prosecutor Josephe Manes Louis told The Associated Press that he completed his recommendation to the judge, as the law requires, but that a power outage Monday kept him from printing it out. "I have made my decision," he said. "What is blocking me now is the electricity." (AP)

NUKU'ALOFA, TONGA
Cyclone Pounds Islands

Tropical Cyclone Rene pounded Tonga with powerful winds overnight, causing major damage to buildings in the capital city, tearing off roofs, downing trees, and cutting power and phone lines in the South Pacific nation. When phone service was restored early Tuesday, police said they had no immediate reports of deaths or injuries during the storm that has hammered the three main island groups of the kingdom for more than 24 hours. (AP)

Rail Collision Kills 18 in Brussels

Rush-hour commuter trains crash head-on, injuring 80 people

Brussels

A rush-hour commuter train sped through a red signal and slammed into another oncoming passenger train as it left a suburban Brussels station Monday, killing at least 18 people and disrupting rail traffic in northern Europe.

Investigations into one of the worst accidents on the Belgian rails were likely to focus on whether human error was responsible or if it could have been influenced by the persistently freezing temperatures that have iced up the European capital.

Officials said 80 people were injured, 20 of them seriously, and the death toll — 15 men and three women — was not considered final. As darkness fell more than 10 hours later, rescuers were still looking for victims in the wreckage, said Jos Colpin, the spokesman for the federal prosecutor's office.



Rescuers and police work at the scene of a train collision in Halle, Belgium, on Monday. At least 18 people were killed in the crash.

The fate of the two drivers was not immediately known, and officials said they were having difficulty identifying some of the victims.

The trains, carrying a total of about 300 passengers, collided in light snow just outside of the station at Buizingen about 9 miles from

Brussels around 8:30 a.m.

The impact peeled away the front of one train car and threw at least one other off the tracks, severing the limbs of some passengers, witnesses and officials said.

"When we came out we saw dead bodies lying next to the tracks,

some mutilated," said Patricia Lallemant, 40, who was in a middle car of one train and was unhurt.

Lodewijk De Witte, the governor of the province of Flemish Brabant, told reporters one train "apparently did not heed a stop-light." ARTHUR MAX (AP)



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Model Used for Illustrative Purposes

Fears Paralyze Haitians

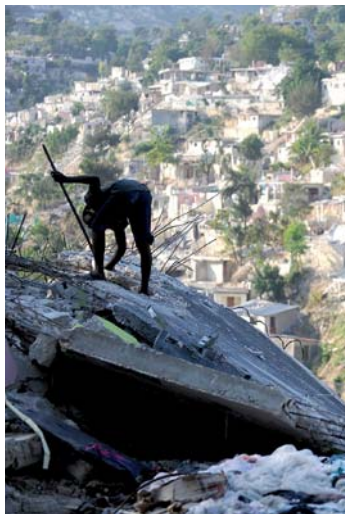
Odds of another huge quake, aftershocks keep many on streets

Port-au-Prince, Haiti

Hundreds of houses that survived Haiti's killer quake still stand empty even as quake victims desperate for shelter crowd the streets. The reason is fear: Nobody is quite sure they can withstand another quake.

At least 54 aftershocks have shuddered through Haiti's shattered capital since a Jan. 12 quake killed more than 200,000 people. They have toppled weakened buildings faster than demolition crews can get to them, sending up new clouds of choking dust.

On Monday, three children were killed when a school collapsed in the northern city of Cap-Haitien. It wasn't clear what caused the collapse, which occurred after a late-



A man searches through the rubble of a destroyed home in Port-au-Prince, Haiti.

night tremor and heavy rains.

"I tried sleeping in the house for a night, but an aftershock came and I ran outside," said Louise Lafonte, 36, who beds down with her family of five in a tent beside her seem-

ingly intact concrete house. "I'm not going inside until the ground calms down."

That may be awhile. Seismologists say more, damaging aftershocks are likely, and there's even a chance of another large quake following quickly after the initial catastrophe in the capital of 3 million people.

In 1751, a large quake hit the island that Haiti shares with the Dominican Republic. About a month later, another one destroyed Port-au-Prince.

A magnitude-7.4 quake that killed more than 18,000 people in northwestern Turkey in 1999 was followed three months later by another of magnitude-7.2 only 60 miles from the initial epicenter.

"There are many other examples like that of two significant earthquakes following each other," said Eric Calais, a geophysicist at Purdue University. PAISLEY DODDS (AP)

Dubai: European Hit Squad Killed Hamas Leader

Dubai, U.A.E.

Dubai's police chief said Monday an 11-member hit squad carrying European passports and disguised in wigs, fake beards and tennis clothes was behind the mysterious killing of a Hamas commander in his hotel

room last month. Authorities also released photos of the 11.

Lt. Gen. Dahi Khalfan Tamim did not directly implicate Israel, as the Islamic militant group has. But the details he released at a news conference in the Gulf emirate are the most comprehensive accusa-

tions by Dubai authorities since the body of Mahmoud al-Mabhouh was found Jan. 20 in Dubai.

Tamim said it was possible that "leaders of certain countries gave orders to their intelligence agents to kill" al-Mabhouh. But he did not name any countries. (AP)



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U.S.: Iran on Path to Dictatorship

Clinton, Saudi prince discuss international sanctions on Tehran

Riyadh, Saudi Arabia

Secretary of State Hillary Rodham Clinton said Monday Iran is sliding into a military dictatorship, a new assessment suggesting a rockier road ahead for U.S.-led efforts to stop Tehran from obtaining a nuclear weapon.

As the first high-level Obama administration official to make such an accusation, Clinton reflected a dimming outlook for persuading Iran to negotiate limits on its nuclear program, which it



Secretary of State Hillary Clinton walks with Saudi Prince Saud al-Faisal.

has insisted is intended only for peaceful purposes. The U.S. and others believe Iran is headed for a nuclear bomb capability.

Clinton also was revealing the logic of the administration's plan

to target the Islamic Revolutionary Guard Corps with a new round of international sanctions intended to compel Iran to curb its nuclear ambitions before it increases the likelihood of a military clash.

Clinton flew to Riyadh, the Saudi capital, where the foreign minister expressed doubts about the usefulness of imposing more sanctions on Iran over its nuclear program.

Prince Saud al-Faisal said that the threat posed by Iran's nuclear ambitions demands a more immediate solution than sanctions. He described sanctions as a long-term solution, and he said the threat is more pressing. He didn't identify a preferred short-term resolution.

ROBERT BURNS (AP)

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Peering Into the Financial Future

Investors can start prepping now for an era of higher taxes

Personal Finance

If you're just starting to think about this year's tax return, it might seem premature to consider tweaking your investment strategy for your next dance with Uncle Sam in 2011.

But polishing up your moves now might pay off. Mutual fund investors could see taxes take an increasingly bigger bite from their returns unless they know how to protect their portfolios.

"Taxes are going to have to go up," says Christopher Davis, a Morningstar fund analyst. "There's no way that you could even come close to balancing the budget or bringing the deficit down to normal levels by just cutting spending."

Even if you're not well-off, expect more of your income to be diverted in coming years as federal and local governments raise taxes and fees to repair recession-dam-



aged budgets. For investors, now is a good time to take a fresh look at tax strategies.

Pick the Right Account

You can go a long way toward reducing your tax bill if you know where to hold specific investments. Rules vary, but in tax-deferred retirement accounts, earnings on your invest-

ments grow tax-free. The appreciation on stocks and most bonds is taxable, so in most cases they're best kept shielded in accounts such as IRAs or 401(k)s.

Consider Municipal Bonds

Investors don't have to pay federal taxes on dividends from muni bond funds, which invest in local

and state government bonds. Muni funds are also free of state taxes if they limit investments to the state where you live. So while muni returns are typically modest, your after-tax returns can look pretty good compared with taxable funds investing in stocks and corporate bonds.

Keep Taxes in Perspective

Don't make taxes your single biggest consideration. Market gains or inflation could make any tax consequence look puny.

Norm Mindel, a certified financial planner in Lombard, Ill., recalls working in the late 1990s with clients who were near retirement and bet heavily on surging technology stocks. They didn't want to sell their shares, for fear that their hit from capital gains would more than offset any future investment losses.

When the tech bubble burst, the market did far more damage than Uncle Sam could have.

"If you're obsessed with taxes," Mindel says, "it can lead to distorted investment decisions."

MARK JEWELL (AP)

DISCUSSIONS

Banking

Let's say you're fed up with your bank's credit card fees and terms. Would switching to a credit union bring any relief?

How would I even begin to get a credit card from a credit union?

The first step is finding a credit union you can join. Chances are you're eligible to join at least one, but you still have to apply for a credit card; members don't automatically qualify.

How much lower can I expect rates to be?

Median interest rates on cards from credit unions were between 9.9 percent and 13.8 percent last summer, according to the Pew Charitable Trusts. At banks, they were between 12.2 percent and 17.9 percent.

How do other fees compare?

Rates and fees across the board tend to be cheaper at credit unions. The median late and over-the-limit fees for bank-issued credit cards was \$39, for example, compared to \$20 for credit union cards. CANDICE CHOI (AP)

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Area Schools Scramble to Open

Jurisdictions push to clear sidewalks so kids can get to class

Washington

School systems across the Washington area raced against time Monday to dig out buildings for Tuesday's resumption of classes.

Fairfax County officials are calling for volunteers to shovel their local schools. Arlington County has asked property owners to clear sidewalks so that students can get to class, and it has delayed the start of school by two hours on Tuesday. Prince William and Montgomery counties are requesting that residents check their bus stops.

"If people live near bus stops ... and they can make sure that the bus stop is clear, that will help a



Parents and kids shovel snow at Cardinal Forest Elementary School in Springfield.

tremendous amount to ensure the safety of our students," said Dana Tofig, a spokesman for Montgomery County schools.

On Monday afternoon, Montgomery County announced it was opening schools two hours late on Tuesday.

Most school systems vowed that they would reopen Tuesday.

But real challenges clearly remain, with sidewalks still covered in iced-over snow, streets narrowed by small embankments of ice, and minor snow accumulations Monday afternoon and evening.

90

The percentage of D.C. residential streets that are plowed, says D.C. Mayor Adrián Fenty.

Alexandria is planning to open Tuesday two hours late for grades pre-kindergarten through five and 2 ¼ hours late for grades six through 12.

Howard County schools threw in the towel Sunday and canceled Tuesday's classes, saying that there was simply too much snow to ensure the safety of their students. **MICHAEL BIRNBAUM (THE WASHINGTON POST)**

Valentine's Day Scheme Leads to 15 Md. Arrests

Baltimore, Md.

The Anne Arundel County sheriff's office made 15 arrests using a fake Valentine's Day delivery service.

Deputies worked under the company name "Keystone Candigrams" to serve warrants. They contacted suspects to set up a time for a presumed gift delivery on Sunday.

Instead, authorities showed up with a candy box designed with handcuffs and the scales of justice. Sheriff Ron Bateman says recipients "schedule their own arrests."

Timothy Lawn, 23, of Glen Burnie was arrested for failing to appear in court on traffic charges. Lawn says when he saw them, he "figured it out."

The sheriff's office has used similar phony delivery services in the past to chip away at thousands of unserved warrants. (AP)



TELEVISION

TLC announced Friday it plans to film a new reality series titled "Cupcake Sisters," which will focus on local dessert sensation Georgetown Cupcake. The series will start airing in July, and TLC has ordered six episodes. Georgetown Cupcake opened two years ago in a hole-in-the-wall on Potomac Street and has since moved to an M Street storefront and has a second location in Bethesda. (THE WASHINGTON POST)

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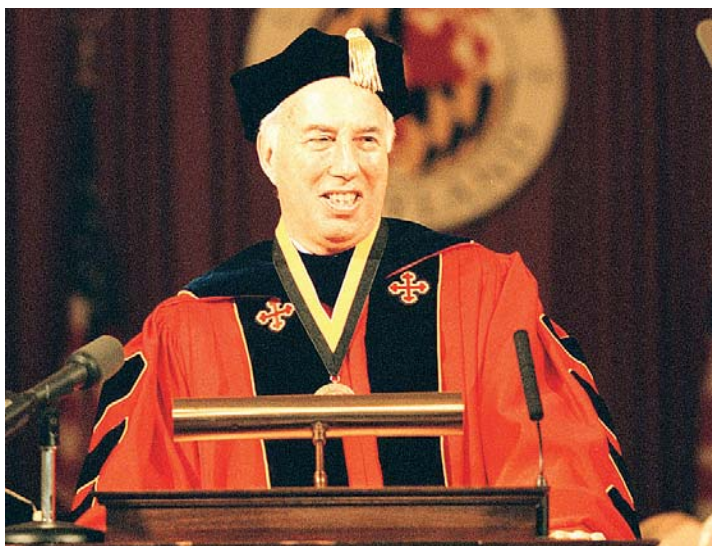
73-year-old credited for higher graduation rates and fundraising

College Park, Md.

University of Maryland President C.D. "Dan" Mote Jr. said Monday that he will step down after a dozen years in the post.

In a campus e-mail, Mote announced that he will retire as president on Aug. 31. When he goes, the 73-year-old will be the university's fourth-longest-serving president.

Mote is credited with boosting graduation rates, expanding



University of Maryland President C.D. "Dan" Mote Jr. at his inauguration in 1998.

campus facilities and increasing research funding, among other things. Officials said he also oversaw the two largest fundraising campaigns in the school's history.

"Serving as your president has been an extraordinary personal privilege and the most rewarding experience of my professional life," Mote said in his letter.

He said the university has cultivated an "expectation of greatness."

Mote plans to take a one-year leave of absence starting Sept. 1 and then return to his academic position as an engineering professor. (AP)

The Lotteries

Monday, Feb. 15

District

Mid-day Lucky Numbers	2-7-9
Evening Lucky Numbers (Sun.)	8-0-0
Mid-day DC 4	0-8-8-4
Evening DC 4 (Sun.)	0-4-1-3
Mid-day D.C. Five	4-3-0-5-3
Evening D.C. Five (Sun.)	8-0-5-6-8
Daily 6 (Sun.)	1-2-15-18-37-39 (38)

Maryland

Mid-day Pick 3	3-0-0
Evening Pick 3 (Sun.)	7-7-2
Mid-day Pick 4	7-5-0-6
Evening Pick 4 (Sun.)	4-4-0-3
Match 5 (Sun.)	5-9-18-20-35 (12)

Virginia

Mid-day Pick 3	4-7-8
Evening Pick 3 (Sun.)	0-4-1
Mid-day Pick 4	0-9-4-1
Evening Pick 4 (Sun.)	8-8-8-1
Mid-day Cash 5 (Sun.)	3-5-19-30-33
Evening Cash 5 (Sun.)	2-8-18-30-32

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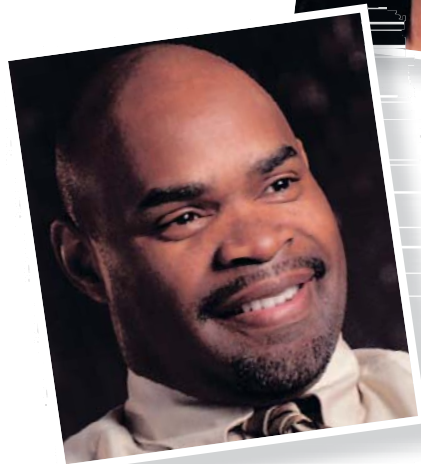
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The Homeland Majority

For the first time, Afghan troops outnumber foreign forces in Taliban assault

Foreign Conflicts

In a marked contrast to previous campaigns, Afghan forces outnumber international forces by a ratio of 3-to-2 in the Marjah offensive launched over the weekend, according to U.S. military officials.

Just this past summer, when 4,000 Marines swept into towns south of Marjah in an offensive known as Operation Khanjar, they did so with only 650 Afghan national security forces. The 6-to-1 ratio frustrated U.S. commanders and became emblematic of the lack of readiness of Afghan forces after eight years of international military assistance and training.

President Obama has made training Afghans a top priority so that U.S. forces can begin drawing down later this year. The Afghan force numbers for Marjah — about 10 times larger than in the summer offensive — do not in themselves prove rapid advancements in recruitment and training. But it is a positive indicator that Afghan authorities could mobilize that large a force for a dangerous assault on one of the Taliban's main strongholds.

"It's a large number, and that, in itself, says something about having a force that can engage in military combat," says Ayesha Khan, associate fellow at the London-based Chatham House. But, she adds, it does not mean Afghan forces are anywhere close to taking over the fight. "I don't think Afghan forces ... are ready to clear, hold, build."

High desertion rates and an ethnic imbalance have hobbled



An Afghan soldier warms himself in front of a fire early on Monday morning in the Taliban stronghold of Marjah, Afghanistan.

Tactics

Taliban Slow Troops' Advance

Taliban fighters stepped up counterattacks Monday against Marines and Afghan troops in the militant stronghold of Marjah, slowing the allied advance to a crawl despite Afghan government claims that the insurgents are broken and on the run. Taliban fighters appeared to be slipping under cover of darkness into compounds already deemed free of weapons and explosives, then opening fire on the Marines from behind U.S. lines. Insurgents moved close enough to the main road to fire repeatedly at columns of mine-clearing vehicles. Also Monday, NATO said five civilians were accidentally killed and two were wounded by an airstrike when they were mistakenly believed to have been planting roadside bombs in Kandahar province. (AP)

Afghan security forces. Non-Pash-tun minorities from safer parts of Afghanistan will often go through the training and promptly quit when assigned to more dangerous postings in the volatile Pash-tun regions of southern and eastern Afghanistan.

Back in July, Brig. Gen. Lawrence Nicholson, the commander of the Marines in Helmand, lamented how few Afghan forces could be mustered for Operation Khanjar. "I mean, I'm not going to sugarcoat it. The fact of the mat-



Ambush on Taliban

U.S. Marines and Afghan troops met scattered resistance as they stormed Marjah. British, U.S. and Canadian forces wrested villages north of Marjah from Taliban control.

ter is, I — we don't have enough Afghan forces, and I'd like more," he said. "They're just not available right now."

He went on to explain why Afghan forces are crucial: "They are such force multipliers, because as you move through areas, they see things we'll never see. They understand intuitively what's going on in an area that we'll just never get, no matter how much cultural training our guys get. So, they are absolutely essential."

While Nicholson got better numbers this time around, the long-term success of the operation isn't a numbers game.

"Ultimately," Khan says, "the test will come in what transpires after this operation: Will it lead to ultimately an effective implementation of a counterinsurgency plan or not?" **BEN ARNOLDY (CHRISTIAN SCIENCE MONITOR)**

"THEY SEE THINGS WE'LL NEVER SEE. THEY UNDERSTAND INTUITIVELY WHAT'S GOING ON IN AN AREA THAT WE'LL JUST NEVER GET, NO MATTER HOW MUCH CULTURAL TRAINING OUR GUYS GET."

— **BRIG. GEN. LAWRENCE NICHOLSON**, THE COMMANDER OF THE MARINES IN HELMAND, ON WHY AFGHAN FORCES ARE CRUCIAL TO THE U.S.' WAR EFFORT.



Vancouver 2010

Medal Count



▲ United States TOTAL: 8

COUNTRY				T
France	2	0	2	4
Germany	1	3	0	4
Canada	1	2	1	4
Switzerland	3	0	0	3
Norway	0	2	1	3
Italy	0	1	2	3
S. Korea	1	1	0	2
Czech Rep.	1	0	1	2
Netherlands	1	0	0	1

Top Performers



Charlotte Kalla, Sweden

The cross-country skier led from start to finish Monday to win the women's 10 km freestyle race with a time of 24 minutes, 58.4 seconds at the Vancouver Games for her first Olympic gold medal.

Dario Cologna, Switzerland

The Olympic rookie struck gold in the men's 15 km freestyle cross-country race at the Vancouver Games on Monday. He collapsed across the finish line after finishing in 33 minutes, 36.3 seconds.

Hearsay

“What do I have to lose? I’m not a favorite for a medal here. If I feel like doing it, I will do it.”

— **JOHNNY WEIR**, the U.S. men's figure skater who is considering adding a quadruple jump to his program.

Miller Claims Bronze in Downhill

American who went bust in Turin shines in first Alpine event

Alpine Skiing

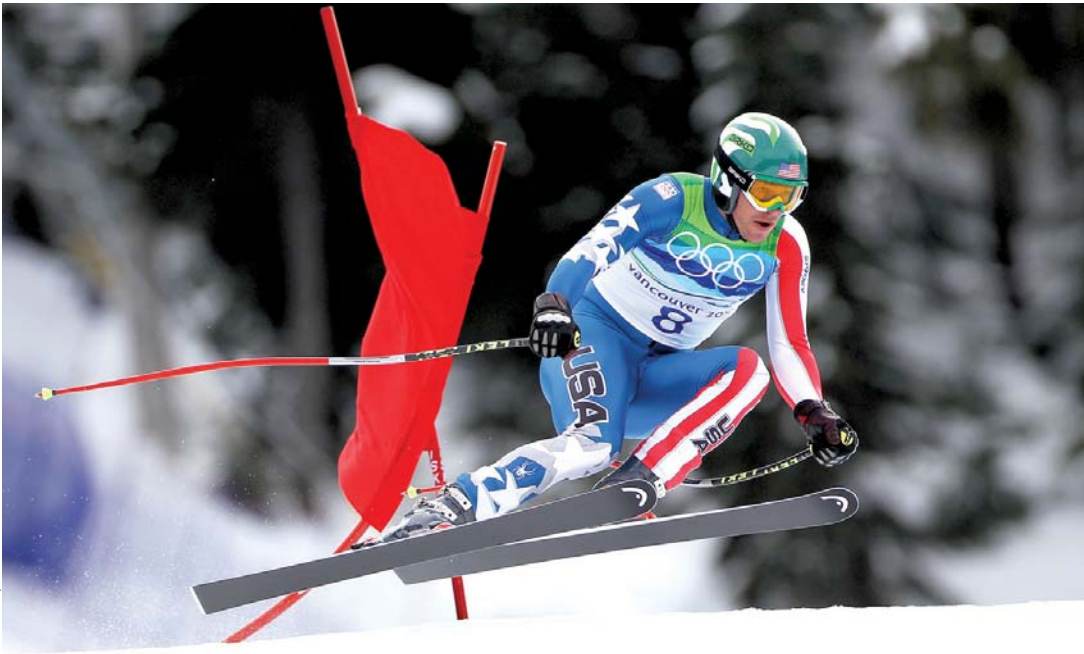
Didier Defago broke a two-decade Swiss drought with gold in the Olympic downhill Monday, and American Bode Miller broke his personal streak of major championship failures by taking the bronze.

Defago sped down the Dave Murray course in one minute, 54.31 seconds to match countryman Pirmin Zurbriggen's feat in the downhill at the 1988 Calgary Games — the last time a Swiss man had won an Olympic gold in any Alpine event. At 32 years and 4 months, Defago became the oldest man to win the Olympic downhill.

Defending overall World Cup champion Aksel Lund Svindal of Norway took silver, a slim 0.07 seconds behind, and Miller was only 0.09 behind Defago. “It was a huge relief to execute and ski well,” Miller said. “Obviously, it would’ve been great to be a little faster. I was psyched. I skied hard.”

Miller's medal is the first for the U.S. in the men's downhill at the Olympics since Tommy Moe took a surprise gold at the 1994 Lillehammer Games.

Miller won two silvers at the



Bode Miller, who had considered retiring in the summer after a string of disappointments, found redemption on Monday.

Meanwhile ...

Even with a badly bruised right shin, American star Lindsey Vonn showed she is going to be in medal contention with the fastest time in a downhill training run. Vonn, in Monday's first run, finished in one minute, 30.75 seconds. Before Monday, the women's downhill training run was wiped out three times by weather. The race, Vonn's best event, is scheduled for Wednesday. (AP)

2002 Salt Lake City Games and a full load of world championship medals before he went bust in Turin four years ago, making more headlines for his late-night partying than his skiing.

Miller also failed to win a medal at the 2007 and 2009 world championships and considered retiring over the summer before the Olympics lured him back for a shot at redeeming himself.

Miller was the eighth starter and set the pace for the other race

favorites. He said the course was darker when he skied than for the other favorites later on.

“That’s what ski racing is about,” he said. “It’s always a mix. There definitely was light changing in the very beginning. It got progressively better, but definitely when I went the middle part was dark. That’s where Aksel pulled eight-tenths back on me. That’s the way ski racing goes. But I was happy with the way I skied.”

ANDREW DAMPF (AP)

Westcott Defends Gold in Snowboardcross

Snowboarding

American Seth Wescott defended his Olympic title Monday, overtaking Canada's Mike Robertson to win the gold medal in the wild sport of men's snowboardcross.

Wescott struggled in qualifying and was seeded 17th out of the 32 riders, but he emerged with his second gold medal — and America's second of the Winter Olympics.

In the final, Wescott was barely



Seth Wescott won his second-straight gold medal in men's snowboardcross Monday.

within shouting distance of Robertson. Then, out of nowhere, the 33-year-old snowboarder closed the gap, passed the Canadian and held him off at the finish.

Tony Ramoin of France won the bronze, finishing ahead of American Nate Holland, whose spinout set up what looked like it would be a breeze for Robertson, an underdog who was going for his country's second gold medal of the games. (AP)

Vancouver 2010



SHARI AVAZOV/AP

David Kumaritashvili, father of Nodar Kumaritashvili, discusses his son's fatal run Friday night during the Vancouver Games.

'I Will Either Win or Die'

Late-Georgian's dad says son feared the Olympic luge track

Luge

The father of a Georgian luger killed during a training run at the Vancouver Olympics said Monday that his son worried the track was too dangerous but insisted on competing because he had come to the games to try to win.

"He told me: 'Dad, I really fear that curve,'" David Kumaritashvili, a former Soviet-era luger, told The

Associated Press.

Nodar Kumaritashvili, 21, died during practice Friday when he lost control of his sled and slammed into a trackside steel pole at nearly 90 mph. After the crash, the poles were wrapped in padding, and the course was altered to make it slower. A small memorial service was held for the late-Olympian Monday.

"He told me: 'I will either win or die,'" the elder Kumaritashvili said and then paused. "But that was youthful bravado; he couldn't be seriously talking about death."

The International Olympic Committee and luge officials have taken

criticism for blaming the accident on Kumaritashvili's failure to make tactical corrections during his run, and for saying they were changing the course not to make it safer but to soothe athletes' fears.

Concerns about the course, the world's fastest, had been raised for months. There were worries that the \$100 million-plus venue was too technically demanding and that only Canada's sliders would have enough time to adapt to it in practice. "They tested that track on my son," the elder Kumaritashvili, 46, said bitterly.

MISHA DZHINDZHIKHASHVILI (AP)

What to Watch

MEN'S ICE HOCKEY

(3 P.M., USA) The U.S. men's hockey team will be counting on goaltender Ryan Miller (normally of the Buffalo Sabres) as it begins its Olympic competition against Switzerland.

BIATHLON

(3 P.M., NBC) The American ski team is seeking its first Olympic medals ever in the biathlon during the men's 12.5 km pursuit and the women's 10 km pursuit.



GETTY IMAGES

Ryan Miller and the U.S. hockey team are dark horses to win the gold medal.

WOMEN'S SNOWBOARD CROSS

(8 P.M., NBC) Lindsey Jacobellis aims for gold after earning a silver in Turin.

MEN'S FIGURE SKATING

(8 P.M., NBC) World Champion Even Lysacek of the U.S. headlines the men's short program.

WOMEN'S LUGE

(12:35 A.M., NBC) American Erin Hamlin tries to unseat powerhouse Germany during the women's luge.



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Sports

French Judge Issues Warrant for Landis

Disgraced cyclist accused of hacking into drug-testing lab

Cycling

A French judge has issued an international arrest warrant for U.S. cyclist Floyd Landis in connection with a case of data hacking at a doping laboratory, France's anti-doping chief said Monday.

Pierre Bordry told The Associated Press that French judge Thomas Cassuto is seeking to question Landis about computer hacking dating back to September 2006 at the Chateau-Malabry lab.

Months earlier, the laboratory near Paris had uncovered abnormally elevated testosterone levels in Landis' samples collected in the run-up to his 2006 Tour de France victory.

Landis was stripped of his title and banned from the sport for two years.

The American cyclist unsuccessfully



CHRISTIAN HARTMANN/AP

Floyd Landis was stripped of his '06 Tour de France title after a failed drug test.

fully challenged the drug test results before an arbitration hearing in California — claiming that files were mishandled and erased.

"Landis used the hacked files for his defense; that's how we discovered the whole scheme," Bordry said. "He wanted to show that the lab made mistakes in the handling of the tests." Landis did not immediately respond to a phone call and e-mail seeking comment.

SAMUEL PETREQUIN (AP)

Nationals Sign OF Willy Taveras

The Nationals

Adding depth to their outfield, the Nationals on Monday signed Willy Taveras to a minor league deal, a contract that includes an invitation to spring training. Taveras could make the team as a fourth or fifth outfielder.

The 28-year-old, who spent last season with Cincinnati, is a .276 career hitter known for his base-stealing ability. The Nationals will pay Taveras only the league minimum. (THE WASHINGTON POST)

TV Lineup

LOCAL COLLEGE HOOPS (7 P.M., ESPN2 AND MASN) Virginia Tech battles Wake Forest, and George Mason takes on William and Mary.
MEN'S COLLEGE HOOPS (7 P.M., 9 P.M., ESPN) Michigan State aims to avoid an upset against Indiana, and Kentucky visits Mississippi State.
NBA (8 P.M., WGN) The Chicago Bulls host the New York Knicks.

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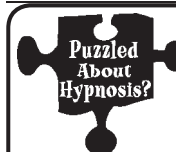
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AD BONE MARROW 03/07

Sports

The ‘What If?’ Remains

Butler trade marks
official end of the
Wizards’ Big Three

Commentary

Maybe it doesn’t matter anymore. Maybe because he’s leaving town — headed to Dallas, to a team with genuine title aspirations — Caron Butler is yesterday’s news. Maybe he’s just another linchpin of a seven-player NBA deal, freeing up salary-cap space and luxury-tax relief for the woeful Wizards as they begin the demolition of an era.



By Mike Wise

But before he leaves Washington’s tattered pro basketball franchise behind, Butler wants it to be known he believed almost till the end.

He said he used to envision his number hung in the rafters of Verizon Center. If they won it all, Butler, Gilbert Arenas and Antawn Jamison would be right next to the jerseys of Wes Unseld, Elvin Hayes, Earl Monroe and Gus Johnson.

“We all wanted to go in the rafters together, as crazy as that sounds now,” Butler said. “Antawn and I would actually talk about it.”

Now it’s over. Whatever the Wiz-



Josh Howard, left, and Caron Butler, right, are trading places in Dallas and D.C.

ards’ trio of All-Stars were — once a bona fide playoff team — that collection of talent didn’t end up sticking around for the long haul after all.

The Gil-Caron-and-’Twan Show probably closed for good the moment Arenas brought guns into the Wizards’ locker room Dec. 21.

But when Ernie Grunfeld moved Butler, DeShawn Stevenson and Brendan Haywood on Saturday to the Mavericks for four players including Josh Howard and Drew Gooden, it was the official end to a plan that ultimately didn’t pan out for anyone.

Just like that, the Big Three is now the Sympathetic One.

If Grunfeld cannot move Jamison by Thursday’s trade deadline,

how can you not feel for him? At 33 years old, he has to come back from the All-Star break and look across the locker room and realize he has so little left to play with.

Now there are only regret, recrimination and a real lament shared by everyone in the organization who felt only months ago the Wizards were on the precipice of a turnabout season.

“They say everything happens for a reason, and I believe that,” Butler said. “But as years go, all three of us, and anyone involved who knew how good we could be, will sit back at 40, 50, maybe 60 years old and say, ‘What if?’ That’s the part that sticks with you the most: ‘What if?’”

(THE WASHINGTON POST)

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Body Talk



ISTOCK

Can You Dig It?

The biggest complaint this past week hasn't been the snow; it's been the snow shoveling, which has resulted in an entire city of folks whining about how much their backs hurt. But clearing out your driveway won't result in pain as long as you remember what the activity really is: exercise.

"You wouldn't go into a gym and start doing rows without warming up," says John Johnson of Synergy Health & Fitness (2000 N. 15th St., Arlington, 703-351-1320, Synergyfitnessva.com). Before picking up that shovel,

he recommends twisting from side to side, then bending at the waist and touching your opposite hand and foot to loosen up. Then it's time to think about posture. "Typically, when you feel low-back pain, it's from not holding your abdominals tight and letting your shoulders slouch forward," he says. You'll stand taller if you devote gym time to supermans (lie on your stomach, raise your arms and legs at the same time) and crunches.

As for your achy arms: Pumping out biceps curls and reverse curls (the same motion with an overhand grip) will prep you for the next massive storm. But let's hope we have a solid year to train for that.

To reach Vicky Hallett, e-mail vicky.hallett@readexpress.com



COURTESY STROGA

Before Monday's opening, Stroga held a few other yoga classes (like this one) to show off the huge space and giant windows.

A House Divided

Stroga features yoga on one floor and functional training on the one above

Grand Opening

Most yoga studios in the Washington area strive to be cute and cozy. But the city's newest stretch center is going for a different adjective: epic. Stroga (Stroga.com), a fusion of "strength" and "yoga," debuted Monday in Adams Morgan in a grand building with equally grand ambitions.

"It'll be a yoga mecca. Every master will come here," says creator Doug Jeffries, who's also behind the local Results Gym

chain. Through his years in the fitness business, he's developed into a faithful yogi, but he's gotten fed up of toting his mat to cramped rowhouses.

That's why he's especially proud that Stroga resides in a mansion with floor-to-ceiling windows, stained glass, chandeliers, exquisite detailing and, most important, a heck of a lot of space. The entire second floor will be devoted to classes that can fit up to 125 people — comfortably. "There will be a foot between mats. We want people to be able to do a pose without getting a foot in the face," he adds.

To live up to the first half of its name — and to appeal to clients beyond the downward dog crowd

— the top floor will soon become a functional training heaven.

During prime exercise time, every 15 minutes, a small group session will kick off with kick-butt calisthenics, using an array of props, like ropes, dumbbells, balls, ladders and kettlebells. Not only will all the lifting, leaping and sprinting (on an AstroTurf running track) be exhausting; it'll be effective for building muscle and cardio endurance. "It's a better workout than you've ever gotten," Jeffries brags.

Stroga might just offer the best cooldown, too. Post-workout, after changing in the women's or men's locker rooms, exercisers are welcome to head to the couch-filled lounge area for tea and

The Details

Free for All

Stroga, located at 1808 Adams Mill Road, has opened its doors. But it's not taking money for the first two weeks. Instead, all of the classes (Mon.-Fri. at 6 a.m. and 6 p.m.; and Sat.-Sun. at 10 a.m. and 3 p.m.) are free and welcome for walk-in business. Instructors and styles are listed at Stroga.com. The functional training space on the top floor will also hold a two-week free preview once it opens next month. Check Stroga.com for more information.

fruit on the ground floor, or hang out on the "chill platform" next to the functional training area — there's a big TV and a ridiculously good view.

Add in Wi-fi, plus the promise of a roof deck in a few months, and people might never want to leave. (Although they'll have to when special events are scheduled. The place is already reserved for a June wedding.)

Although Jeffries has much of Stroga planned out, the exact details of the yoga classes are yet to be determined beyond the fact that most will be open to all levels. Folks who've stopped by in recent months have been given tours along with a survey about what sorts of styles they're looking for. During these first two weeks, all sessions will be free (for more info, see box) and visitors will be invited to give further feedback about the instructors.

Jeffries hopes the open lines of communication will help his team provide top-of-the-line customer service. "It's a special space, and we want it to be a special experience, too," he says. VICKY HALLETT (EXPRESS)

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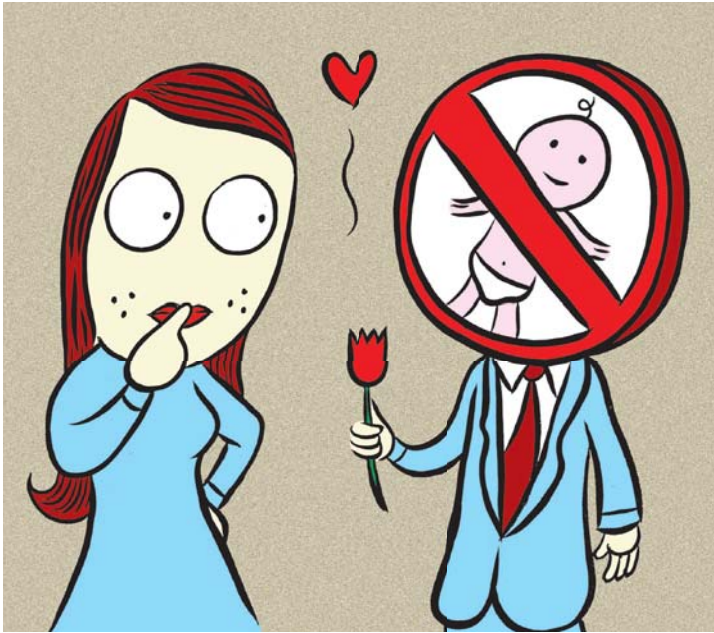
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Bringing Up Baby Issues

Q I'm 25, and for three months I have been dating a divorced 35-year-old with two children. I love everything about him but just found out he had a vasectomy! I've thought about breaking it off, but my friends say it's too early to think about children. I asked him whether he would consider going under the knife for a reversal with "the right person" and he said yes. Should I continue to date him? **FERTILE IN VA.**

You're falling for him, so it's not too early to think about this. But you're focusing on a surgical procedure when there are larger life-style questions at stake. Do you see yourself being a step-mom? Does he see himself summoning the enthusiasm to go through the diaper/sleep deprivation stage again, whether or not you got him back "under the knife"? There are many ways of becoming a mother, and there are also plenty of ways to NOT act as a true father even

if one's contributed his reversed-vasectomy seed. And although it was a succinct moniker for your letter, being "fertile" — for anyone — is far from guaranteed.

If trying to become a mother in the "traditional" sex-ed sense is an endeavor that you can't see yourself letting go of, then you owe it to yourself not to get more emotionally involved without knowing the real deal of where he stands. That's totally fair — if you're honest with him, too.

Something To Talk About More

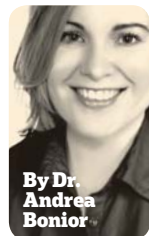
Q I have a friend who has become so critical and negative about everything and everyone that I really think she needs professional help. But every time I try to discuss this, she shoots me down. There must be a way of getting through to her, but I am losing my patience. **HELP!**

People aren't always ready for the help they so desperately need, but don't underestimate the good you're doing just by expressing your concern — something might be sinking in, even if she doesn't overtly acknowledge it.

Nonetheless, be sure you're not pushing too hard and hurting her

Make it clear you're ready to listen. Be her comrade rather than her judge.

further. Frame your discussions about her not seeming happy and not seeming like herself, rather than her becoming, say, a raging beast. If she's suffering from depression or anxiety problems, those can only be made worse by feeling like a good friend is turning on her. Above all, make it clear you're ready to listen. Be her comrade rather than her judge.



Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

Event Horizon
Night Club

They grow up so fast! Equinox's swanky Tysons Corner location (8065 Leesburg Pike, Vienna, Va.; 703-790-6193, Equinox.com) is celebrating its second birthday today by opening its doors to the public and then hosting a night of festivities. Between 5 p.m. and 9 p.m., it'll be offering free group exercise classes (including Cardio Blast and Power Flow Yoga) and food and drink, along with discounts to the shop and spa. Join today only for a \$2 initiation fee.

How to Get in the Game

Go for the gold — or at least the cold — by trying some winter Olympic sports

Athletics

Everyone who steps onto a Washington sidewalk, still glazed with the remains of this season's snowkill, instantly becomes a figure skater. But why stop at just the one event? In honor of the Olympic Games, here's how to sample other wintry sports in the D.C. area (and find out about curling on the next page).

Need for Speed

No, you don't need to grow an Apolo Ohno-esque soul patch to speedskate. You just need to join the Potomac Speedskating Club (Potomacspeedskating.org). Coached by Dong-Sung Kim — who brought home the gold for Korea in Nagano in 1998 — the group welcomes beginners of all ages, from kids to adults. Sign up for a weekend practice: either Saturday nights at Kettler Capitals Iceplex (673 N. Glebe Road, Arlington) or Sunday mornings at Wheaton Ice Arena (11717 Orebaugh Ave., Wheaton).

Prospective students should bring a helmet and check to see



Join the Potomac Speedskating Club, and you'll have the chance to be coached by an Olympian. That's Dong-Sung Kim at right.

whether there are skates in their size available to borrow. (It also helps to know your skating basics, such as crossovers.) Then it's time to get a taste for the sport that club vice president Alison Mittelstadt says "feels like flying." You'll work on form — tight and crouched — and take some practice spins around the rink, ending with a mock race. You can also count on an off-ice workout that'll include loads of squats.

Although grown-up novices are starting too late to go for Olympic gold, the club sends its members to plenty of other events, including nationals.



Get some air like this skier at the Maryland Open at Wisp Resort this Saturday.

DOMINIC BRACCO/ITW

Flipping Out

Watching high-flying alpine antics in Vancouver on your TV is fine. But for an even better view of the action, get to the lodge at Maryland's only ski resort, Wisp (296 Marsh Hill Road, McHenry; 301-387-4911, Wispresort.com). The windows look out on the Pro Park, which will be hosting the Maryland Open this Saturday. It's a freestyle event for skiers and snowboarders in three categories: slopestyle, big air and terrain park. In other words: crazy amplitude.

Not advanced enough yet to compete with the mid-Atlantic's finest?

You can still get your feet wet by signing up for one of the mountain's twice weekly NASTAR (National STandard Race) races (Tuesdays and Sundays). The program is for folks of all abilities and ages, both skiers and snowboarders, to get timed and recorded results. Even if you're not super-speedy, it's a thrill to compete, says Wisp spokeswoman Lori Epp. "There's the camaraderie with other competitors. You congratulate each other on a great run or trick," she adds.

Puck Up

If you're not a member of the Washington Capitals, there's just one place within city limits where you can play hockey: Fort Dupont Ice Arena (3779 Ely Place SE; 202-584-5007, Fdia.org). Luckily, the NHL-sized rink is welcoming to just about every team around. The coed Metropolitan Hockey Club takes over the ice every Monday, Wednesday and Friday morning. You don't need to have ever played before to join the Washington Wolves (Washingtonwolves.org), an all-ladies group that practices Tuesday nights. Plus, there are pick-up games every Sunday night at 9 p.m. (\$10).

Even bad players are sure to score, says skating director Emily Mayer. That is, if your goal is you can see the city skyline — the Capitol Dome, the monuments," she adds. So, checking it out is encouraged even when checking is not.

VICKY HALLETT (EXPRESS)

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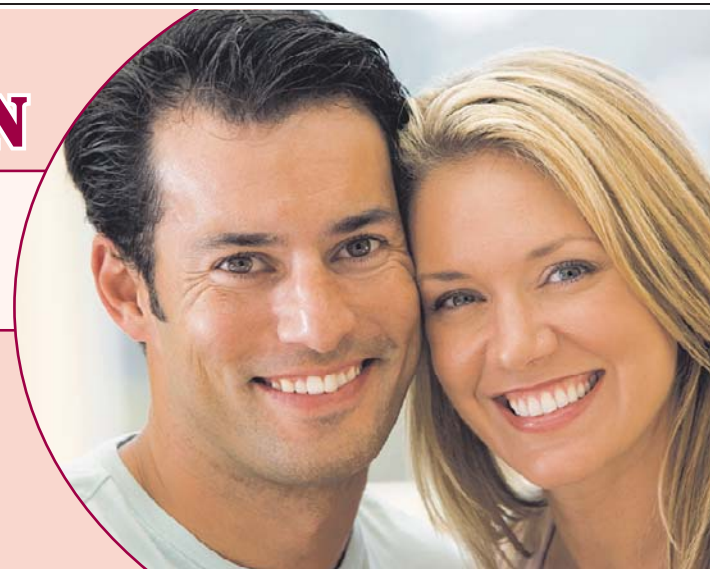
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Sports

Sure, it's more than 2,300 miles from Vancouver's Olympic Centre, but the downtown Hilton Garden Inn (815 14th St. NW; 202-783-7800) happens to be the only official hotel of USA Curling. That's right. Not all Hiltons — just this one particular Hilton Garden Inn, which normally confines its ice sport boosterism to the Washington Capitals. So this weekend, curling will be on "all the flat



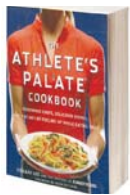
The Potomac Curling Club is setting up a league for newbies who want to compete.

screens," promises Brian Reymann, the hotel's assistant general manager. And in a ballroom, there'll be four synthetic ice sheets set up for free curling instruction (Fri. 6 p.m.-

9 p.m., Sat.-Sun. noon-6 p.m.). If the experience converts you, head over to the Potomac Curling Club (13810 Old Gunpowder Road, Laurel, Md.; 301-362-1116;

Curldc.org), which is hosting an all-day open house on Saturday — on real ice. "I think it will be big with a capital 'B,'" says president Ann Drummie, who estimates that more than 1,000 people came through in 2006 during the Torino Olympics. Organizers are planning roughly a half-hour of instruction for everyone, including a chance to try to get the 42-pound stones to the "house" or target at the end of the ice sheet. Her tips for first-timers: Wear many layers of warm loose clothing; and bring a pair of clean soft-soled running shoes, a pair of gloves and, of course "a sense of adventure." **RACHEL DRY**

Mixed Media



Run, Eat, Repeat

Chefs who run around more than just their kitchens offer up their favorite recipes for

training and recovery in "The Athlete's Palate" (\$25.99, Rodale). There's an energy bar and a protein shake, but mostly it's everyday dishes that emphasize complex carbs and nutrient-rich ingredients.

MOST UNUSUAL DISH: Panini with brie, chocolate and olives. "Chocolate is the original energy bar," says chef Tuesday Evans.

TALKING POINT: Chef Richard Sandoval (of Zengo and Masa 14) originally hoped to be a pro tennis player. These days, he stays in shape jogging to fast-tempo mariachi music.

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Fitness Challenge 1: CALORIE BURN!

Six Express readers are competing for \$5,000 and a one-year membership to Gold's Gym. The challenger with the most points at the end of 12 weeks wins!

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JASON: 13,912 CALORIES BURNED!

Personal trainer Phil strategized with Jason to target high-burn exercises and kept the workouts fresh with a mix of working with the rowing machine, exercise bike, treadmill and the **BODYATTACK** classes Jason enjoys. Jason hit Gold's Gym Ballston twice a day. "I'm proud of his work ethic," Phil says. **JASON SAYS:** "I feel great about myself!" **TRAINER'S CALORIE BURN TIP:** UTILIZE RESISTANCE TRAINING, EMPLOY APPROPRIATE NUTRITION, WORK SAFELY, AND LISTEN TO YOUR BODY!



TABATHA: 7,598 CALORIES BURNED!

"Tabatha did awesome!" says personal trainer Melissa at Gold's Gym Rockville. Tabatha concentrated on high-burn, high-fun **BODYPUMP** and **BODYCOMBAT** classes she enjoys. Tabatha also circuit-trained using equipment, movement, and bursts of cardio. **TABATHA SAYS:** "Melissa hasn't always been fit. She had to work like I do to get there." **TRAINER'S CALORIE BURN TIP:** JUST DO IT.



TIM: 3,402 CALORIES BURNED!

Personal trainer Abu considered Tim's busy work schedule in strategizing. Together they focused on Gold's Gym Capitol Hill classes with high potential calorie burn. They concentrated on walk/run, stationary bike and did one circuit. For motivation, Abu told Tim to regard "that person next to you" as someone who is trying to outdo you. **TRAINER'S CALORIE BURN TIP:** KEEP YOUR MOTIVATION GOING BY WORKING OUT WITH A FRIEND - THEY WILL KEEP YOU COMMITTED AND SUPPORT YOU REACHING YOUR GOALS.



Points are awarded weekly for weight loss and competitive challenges. In the event of no weight loss, or a less than 1% weight gain, contestants receive 0 points. Over 1% weight gain, contestants lose points proportional to their percentage of weight gain.

JESSICA: 10,236 CALORIES BURNED! Jessica's outstanding performance was due to frequent participation in Gold's GGX classes. She spent her time in **Cycle, RPM, ZUMBA** and **BODYSTEP** classes at Gold's Gym Fairfax Station. Her personal trainer, Michelle, made sure Jessica kept the electrolytes and potassium up and prescribed before-and-after workout snacks. Michelle says Jessica was a calorie burning phenomenon! **JESSICA SAYS:** "I feel so much stronger than I ever thought I would!" **TRAINER'S CALORIE BURN TIP:** BE SURE NOT TO DEplete YOUR BODY. SIP A SPORTS DRINK AND LOAD UP ON CARBS.



KATIE: 10,188 CALORIES BURNED!

Personal trainer Elissa recommended that Katie take as many **CYCLE/RPM** classes at Gold's Gym Clarendon as possible to burn calories and break a sweat. During their session together, they focused on compound exercises to target multiple muscle groups and burn more calories. **KATIE SAYS:** "People are really starting to notice a difference in my appearance!" **TRAINER'S CALORIE BURN TIP:** DON'T BURN OUT! ONCE THE BODY IS FATIGUED, RESULTS SLIDE.



NEXT WEEK: Find out how the contestants kept going through a week of snow!

Visit www.expressnightout.com/goldsblog today to cheer for your favorite challenger!

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CHALLENGERS	CURRENT WEIGHT	POINTS FOR CHALLENGE 1	POINTS FOR WEIGHT LOSS	TOTAL POINTS
JESSICA	178.0	5	21	26
BRUCE	287.4	3	18	21
KATIE	228.6	4	13	17
JASON	273.0	6	9	15
TABATHA	198.0	2	10	12
TIM	266.0	1	8	9

Outsmart Restaurant Menus

Learn to suss out the tricks and you'll lose weight even when you're eating out

Dining

If you walk into a restaurant with the intention of ordering the grilled chicken salad, but find yourself wolfing down a bacon cheeseburger, it's possible you were duped by menu-design experts who are paid to dream up sneaky ways of enticing you into ordering not-so-healthy foods. We're revealing the tactics restaurants use so you never fall for them again.

Pictures that look good enough to lick

A study in the *Journal of Consumer Research* found that large, vivid images increase the probability that you'll impulsively order that food. The most profitable items get prime real estate, which in the menu world is the upper corners and the center of the page.

Names like German Black Forest Indulgence

Sounds better than plain ol' chocolate cake, doesn't it? Sexed-up monikers can boost food sales by up to 27 percent, according to industry research. "Enticing descriptions

create a positive emotion about how something will taste," says Sybil Yang, a researcher and menu psychologist at Cornell University.

Healthy options next to the fattening ones

A study at Duke University found that people are more likely to choose a higher-calorie dish when healthy fare is offered right beside it. Crazy as it sounds, just reading about a salad makes you feel like you're free to go nuts and indulge.

Lots of produce in plain sight

The presence of veggies — even if




JAMES THRESHER/TWP

Pictures like this increase the chances you'll order naughty food. We're sorry.

they're deep-fried and cheese-slathered — convinces you that you're making the right food choices.

Sampler platters that seem so innocent

Research from the University of Pennsylvania reveals that when you're given a wide selection, you'll eat 10 percent more than you would have if there had been only one option. That's because more variety makes you feel as if you're not eating as much. So you end up downing the wings and the poppers and the mozz sticks. JESSICA GIRDWAIN (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH © RODALE INC.)



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In order to participate, volunteers need to have a positive clinical diagnostic test for the flu within the past 2 months and must be able to safely undergo blood draws as well as nasal washes.

The date when you were diagnosed with the flu will determine your eligibility for the study. There will be no cost to you, and volunteers will be compensated for their participation.

Study visits will occur at the NIH Clinical Center. You will be asked questions, have a physical exam, and have nasal secretions and/or blood collected. Depending on when you were diagnosed with the flu, we may ask you to come in for 2–7 visits over a 1-month period.

For more information, contact:

Jocelyn Voell, RN, MS (301) 435-7913 or
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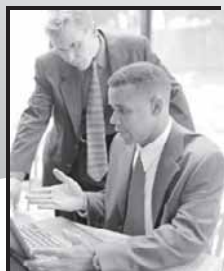
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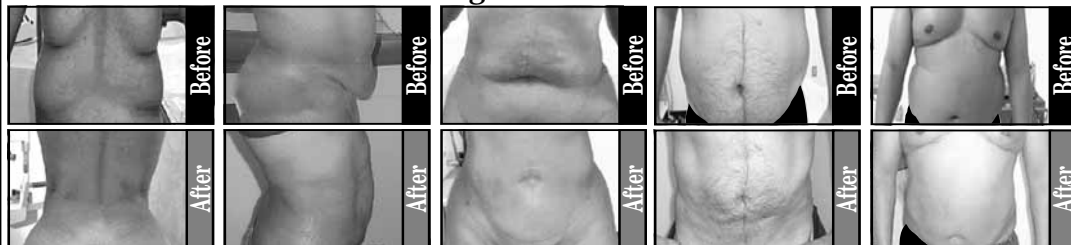
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Sky Rage
Kevin Smith speaks out about being booted off a Southwest flight **47**

Sound Bets



Salad Days

When the Soundtrack of Our Lives performs two concerts on Thursday — acoustic at House of Sweden, then an electric set at Black Cat — listeners will hear a fantastic rock group whose latest album, “Communion,” combines Oasis-like melody without the morosity. What won’t be apparent in the veteran band’s smart combination of psychedelia and folk rock, however, is the deep influence of D.C.’s early punk-rock scene.



Vocalist Ebbot Lundberg said in the early 1980s, he and his friends would rush to a local record store in Göteborg, Sweden, whenever they knew Dischord Records releases were arriving. “Maybe there were five copies coming to Göteborg, and we would have a competition to see who could get there first. It was really hard to get anything, so we were totally, insanely mad about having ... everything that came out.”

When asked whether he would like to invite Dischord leader Ian MacKaye to come to the T.S.O.O.L. concerts, Lundberg was emphatic: “Absolutely. That would be great. ... Hopefully, I’ll see some familiar faces in the crowd.” (For more of this interview, visit expressnightout.com/soundbets.)

@ Comments? Give Christopher your feedback: expressnightout.com/soundbets

Oh, To Be Young Again

Juliana Hatfield’s new album finds the singer channeling her inner teenager

CD Review

If Liz Phair’s 2003 self-titled album was her attempt to sound more like Avril Lavigne, then “Peace & Love” might just be Juliana Hatfield’s way of channeling her inner Taylor Swift.

The biggest difference between those two longtime musicians, of course, is that “Liz Phair” was released on a major label, so one could argue that Phair’s foray into teen-pop was dictated by some



Peace & Love
Juliana Hatfield

suits in a corner office. That’s not the case for Hatfield, who not only released “Peace & Love” on her own label, Ye Olde Records, but also composed, arranged, performed, produced, engineered and mixed every sound and song on the album.

In other words: the buck stops squarely with Hatfield, on all counts.

Part of what makes “Peace & Love” such a difficult listen is that it seems written from a perspective too young for Hatfield’s experience. The comparison to Taylor



Hatfield has even taken to posing like a teen — this is her “I’m grounded” stance.

Swift fits — more for her subject matter than her style — but Swift can get away with the teenaged, doe-eyed view of love because, well, she is a doe-eyed teenager.

The 42-year-old Hatfield, on the other hand, just can’t pull it off. There’s just something about her warble of “You held my hand till I was asleep/you checked my heart

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While Hatfield’s album isn’t sophisticated, it turns out it wasn’t very expensive to make, either. The singer-songwriter told Billboard.com that she made “Peace and Love” for a whopping \$125. By taking a more do-it-her-self approach, Hatfield was able to spend more on a publicist and a licensing rep, because “someone has to tell people the record is coming out,” she says. (EXPRESS)

periodically” on the title track that feels awkward and simplistic.

Even the acknowledgement of complicated histories in “Why Can’t We Love Each Other” oversimplifies love (We’re both damaged, so why don’t we get together?), with a couple cringeworthy clichés thrown in for good measure (“Life is so short; what are we waiting for?”).

From a brand-new singer-songwriter, such simplistic sentiments might be forgivable, but with Hatfield’s long history with the charming indie-pop Blake Babies and her numerous fantastic solo albums, “Peace & Love” is a disappointment. She’s not the singer you want to hear cooing about butterflies — and yet, she gives a tribute to them (and a cumbersome metaphor to human fragility) on the dreamlike “Butterflies.” CATHERINE LEWIS



Weekend Box Office

Valentine's Day	\$52.4M
Percy Jackson & the Olympians: The Lightning Thief	\$31.1M
The Wolfman	\$30.6M
Avatar	\$22M
Dear John	\$15.3M
The Tooth Fairy	\$5.6M
From Paris With Love	\$4.7M
Edge of Darkness	\$4.6M
Crazy Heart	\$4M
When in Rome	\$3.4M

Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

expressnightout.com **lookout**

top
stops



1 So Embarrassing

"Mortified" is well-named. The ever-changing show consists of people reading excerpts from their adolescent diaries. They'll be embarrassed; you'll be embarrassed for them; people walking near the theater will be embarrassed and not know why. That's how powerful shame is. Good thing the show is also hysterically funny. F.Z.

Town Danceboutique, 2009 8th St. NW; 8 p.m., \$10 in advance or \$15 at the door; 202-234-8696, Mortified-doomedvalentine.eventbrite.com. (Shaw)

2 NOLA Transplants

It's Mardi Gras, and even though you might have a comparatively rowdy destination in mind, we think you should head to the Kennedy Center. The Millennium Stage will host Yamomanem, a D.C. band that melds '30s jazz, Creole music and electric guitar? BYOB — bring your own beads. F.Z. **Kennedy Center, 2700 F St. NW; 6 p.m., free; 202-467-4600, Kennedy-center.org. (Foggy Bottom)**

3 Smooth Jazz

Lulu Fall peddles a certain mellow, gorgeous, piano-driven jazz that singers of standards often employ. Fall writes her own songs, and though Gershwin is grand, her music has a lovely authenticity you don't find in your typical Diana Krall impersonator. F.Z. **Dahlak, 1771 U St. NW; 8:30 p.m., free; 202-332-2110. (U St.-Cardozo)**



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lookout entertainment



Don't expect the band's traditional garb — Devo will reveal its new look on Feb. 22.

Devo Whips It Into Shape for the Games

Q&A

Legendary art rock band Devo (of "Whip It" fame) will perform live at the 2010 Winter Olympics in Vancouver on Feb. 22 during a Victory Ceremony, which will be the band's first network broadcast performance in 20 years. Devo will be one of 15 headlining acts — including Feist, Usher and the Fray — that will each perform one night at the Whistler Victory Ceremonies until Feb. 27.

The internationally televised performance comes as Devo prepares to release its first studio album since 1990. It'll also use the Olympics performance to reveal a new look. Devo co-founder Mark Mothersbaugh gave Billboard.com the scoop.

How did the opportunity to perform at the Winter Olympics come your way?

I think they did a focus group; they interviewed every single person who watches [the] Olympics and

asked them who they'd like to see, and we were one of the contenders. And they could afford us.

What can you tell us about the new look you'll reveal at the performance?

We will be wearing the new Devo safety wear. It will still repel dangerous liquid spills and industrial chemicals, so from that point of view it's kind of like the yellow suits that we started off with.

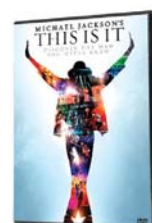
What will you be playing at the Olympics?

We will be playing tried-and-true material from the catalog, but we will inject some special vitamin-enriched new material from the upcoming album.

What is your favorite winter sport?

All of them have room for improvement. I think just about every winter sport would stand to gain a lot more interest if you introduce some of the basic tenets of miniature golf into it. **EVE NAGY (BILLBOARD.COM)**

Top DVDs



1. Michael Jackson's This Is It

2. Surrogates 3. Saw VI 4. The Hangover 5. Cloudy With a Chance of Meatballs 6. Whip It 7. Gamer 8. Up 9. The Hurt Locker 10. Inglourious Basterds

SOURCE: NIELSEN SOUNDSCAN

entertainment **lookout**

Ensler's Sweet Emotion

The feminist puts girl power on a global scale in her new book

Book Review

Anyone familiar with the work of activist-writer Eve Ensler knows she's all about girl power.

Ensler wrote "The Vagina Monologues," which over the years has featured well-known actresses reading monologues about sexuality. The tone of the play ranges from funny to awkward to heart-breaking, but its main purpose is to encourage female empowerment.

In her new book, "I Am an Emotional Creature: The Secret Life of

Girls Around the World," Ensler tells readers: "We have become accustomed to muting you, judging you, discounting you, asking you, sometimes even forcing you, to betray what you see and know and feel."

She explains that she wrote the book because she wants girls to feel secure in their own identity. To achieve that, she provides insight into what it might be like to live as a young woman today.

Ensler writes fictional monologues as girls across the globe. One

is a blog written from the perspective of an anorexic teen: "Beautiful is a country with gates around it. I'll never be invited." Another is an Iranian teen whose parents trick her into rhinoplasty. She was comfortable, even happy, with her distinctive nose and is devastated by the change.

"I Am an Emotional Creature" is thoughtful, and its unbiased acceptance of girls of all types is comforting and inspiring.

At the end of the book, Ensler encourages young girls to care and cry as much as they want and to ask, "Why am I adding a question mark to the ends of my sentences?" In other words: Be yourself; love yourself. **ALICIA RANCILIO (AP)**



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Lisa Frazier
author of "The Pact: Three Young Men Make a Promise
and Fulfill a Dream," and "A Mighty Long Way: My Journey
to Justice at Little Rock Central High School"



Kevin Merida
author of "Supreme Discomfort: The Divided
Soul of Clarence Thomas," and "Obama:
The Historic Campaign in Photographs"



Lonnae O'Neal Parker
author of "I'm Every Woman: Remixed Stories
of Marriage, Motherhood, and Work"



Robert E. Pierre
author of "A Day Late and a Dollar Short: High Hopes
and Deferred Dreams in Obama's 'Post-Racial' America"



Michelle Singletary
author of "The Power to Prosper: 21 Days to
Financial Freedom," and the "Color of Money" column

Thursday, February 25

6:00 p.m. – 7:30 p.m. (book signing follows) • Doors open at 5:30 p.m.

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lookout entertainment

Field Music Fans, Prepare to Rejoice

The brothers release an excellent album well worth the wait

CD Review

Not much about the U.K.-based Field Music is immediately accessible, and even at its catchiest, it'll never find its way into anything more mainstream than a Wes Anderson movie.

It's not that Field Music's particular brand of complex intel- li-rock is forgettable — far from it. It's sometimes hard to wrap your head around, but the mix of immaculate electric guitar, Steely Dan harmonies and a touch of dis- tortion makes it worthwhile and oddly satisfying.

One defining characteristic is Peter Brewis' drumming; it's almost startling how much of a musical influence it has on each song, in contrast with a band such as the White Stripes, in which the drummer may be half the band, but the music doesn't end up being at all proportionate to its parts.

Field Music, after a hiatus to work on side projects, sees Peter Brewis and his brother David Brew- is back together for a third release, and it's a doozy: a 20-song double album that's actually self-titled but that they call "Field Music (Mea- sure)" — "just to distinguish it from the first [2005 self-titled] album," according to the band.

"Measure" is a hell of a thank- you to fans who have stuck around.



expressnightout

To watch a Field Music video, please visit us online at expressnightout.com

Each song is a mini-journey, a mini- statement on the state of rock 'n' roll and a not-so-mini serious musi- cal accomplishment.

If there's any improv on this album, it is well-masked by a veneer of measured and immacu- late rehearsal and frequently met- ronome-like cadence.

And if there's one drawback to the album, it's that the brothers sound a little afraid of really cut- ting loose and end up relying on hard labor over heart. But there's something to be said for restraint and diligence, and if "Measure" is what we get when those qualities are applied to a project with the talent of the Brewises, they should just keep it up. AFTON LORRAINE WOODWARD

TV Beat



It Was the Worst of Times: Todd Haynes' "Mildred Pierce" is headed to HBO. The premium cable network has picked up the five-hour minise- ries project. Haynes is directing the adaptation of James M. Cain's classic noir novel, which centers on Mildred Pierce Beragon (Kate Winslet), a single mother struggling to earn her daughter's love during the Great Depression. (THE HOLLYWOOD REPORTER)

TV tonight **lookout**

Best Bets

TCM
8:00



Some Like It Hot

A Hollywood classic, Billy Wilder's 1959 laugh-fest casts Jack Lemmon and Tony Curtis as musicians who disguise themselves in drag. While hiding in an all-female band, one falls for a fellow member (Marilyn Monroe) while the other attracts an admirer.

CBS
9:00

NCIS: Los Angeles Who shot Callen? The murder of a Russian woman leads Hanna and the team to evidence that answers not only who tried to take Callen's life six months earlier but why.

BRAVO
10:00

The Millionaire Matchmaker Patti does not look forward to working with new her client Jason Davis, a tabloid fixture who is eccentric, sloppy and reluctant to change. At the other extreme, Chelsea's client, David Sheltraw, seems almost too perfect.

A&E
10:30

Paranormal Cops

In the series finale, "Messages From Beyond," a fellow police officer calls Ron, right, and the team in to help uncover the mysteries surrounding his night job as a security guard at a banquet hall. (TRIBUNE MEDIA)



TIMOTHY A. CLARY/AFP/GETTY IMAGES

WESTMINSTER KENNEL CLUB DOG SHOW

Dog Watching

USA
8:00

For the second-straight night, canines provide viewing alternatives to Winter Olympics action. The Westminster Kennel Club Dog Show concludes after three hours of competition with the announcement of the best in show. Viewers who can't take this too seriously can turn to director Christopher Guest's 2000 "mockumentary" "Best in Show" (9:40 p.m., Encore), a sendup of the high-strung subculture of competitive exhibition. KEVIN MCDONOUGH (UNITED FEATURE SYDNICATE)

Film



Gang's All Here

The winner of four Oscars, including best picture and best director, Martin Scorsese's "The Departed" (8 p.m., FX) casts Leonardo DiCaprio and Matt Damon as Bostonians on opposite sides of the law. Each infiltrates the other side, with the police officer (DiCaprio) posing as a criminal and the mobster (Damon) pretending to be a good guy. Jack Nicholson is also on the roster and is a standout as the chief gangster. (TRIBUNE MEDIA)

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Poll Center

Today's Question

ARE YOU CONCERNED ABOUT IRAN AS A POTENTIAL NUCLEAR THREAT?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

Monday's Results

DO YOU THINK HAITI SHOULD RELEASE THE AMERICANS ACCUSED OF KIDNAPPING?



"The U.S. aid organization knew they were circumventing [the] law. They should stay in jail."

AN ANONYMOUS COMMENTER

"No. They broke the law. Let them spend some time in jail. Maybe they will [realize] that what they were doing is illegal."

COMMENTER GARRETT IRBY

"[It's] time for Americans to realize they are not beyond the laws of other countries."

AN ANONYMOUS COMMENTER

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM



"I feel kind of bad for Joe the Plumber. He was so earnest (ignorant and bigoted, but earnest) and didn't realize he was being used in a political game. I hope [he] has wisely invested any money that he has earned. But that is doubtful."

— OCHAIRBALL.BLOGSPOT.COM FINDS IT A BIT SAD THAT SAM WURZELBACHER IS ENDORSING SAM ROHER FOR GOVERNOR OF PENNSYLVANIA AND SPEAKING OUT AGAINST FORMER GOP PRESIDENTIAL CANDIDATE JOHN MCCAIN.

"HARD TO BELIEVE that a country like Canada, a country that for the most part spends a good five months of the year covered in a blanket of snow, [had] not won an Olympic gold medal on home soil [until Sunday]."

— BEAT.BODOGLIFE.COM WAS SURPRISED TO LEARN THAT MEN'S MOGULS SKIER ALEXANDRE BILODEAU WAS THE FIRST CANADIAN TO WIN GOLD IN CANADA.



"If MSNBC cared about their ratings, Rachel Maddow would be hosting 'Meet the Press.'"


— VIDEOCAFE.CROOKSANDLIARS.COM WAS IMPRESSED TO SEE THE TALK SHOW PUNDIT TAKE REP. AARON SCHOCK, R-ILL., TO TASK ON SUNDAY'S SHOW FOR VARIOUS INCONSISTENCIES IN HIS TALKING POINTS.



"Beards are back in NASCAR. It's a beautiful sight. It used to be said that the excuse for no beards was they were too hot in those 180-degree cars. Not to the start of this season. It's 65 degrees in Florida! So, drivers are keeping warm with facial hair."


— NASCARMIX.COM WAS HAPPY TO SEE DRIVERS SUCH AS JIMMIE JOHNSON, DALE EARNHARDT JR. AND TONY STEWART WEARING BEARDS AT THE DAYTONA 500.

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puzzles **lookout**

Horoscope

AQUARIUS (Jan. 20-Feb. 18) You are entering a phase in which you'll want to do or try most things entirely on your own. Help is waiting in the wings, though — fortunately.

PISCES (Feb. 19-March 20) You'll find yourself missing someone who is not able to be a more active part of your day — a friend, a spouse, a lover or a child.

ARIES (March 21-April 19) You'll realize that you can learn an important lesson or two from someone who is, indeed, a very unlikely source.

TAURUS (April 20-May 20) Others are likely to gravitate toward you simply because you give the impression that things are easy for you. Are they, really?

GEMINI (May 21-June 20) You may have forgotten about an important professional development that happened some time ago, but it's likely to begin paying off.

CANCER (June 21-July 22) Are you really able to see things for what they are? It's an important and valuable skill, and one you shouldn't squander, surely.

LEO (July 23-Aug. 22) It may seem as though others are intentionally altering their methods to be more in line with how you are doing things. This is flat-tery, indeed.

VIRGO (Aug. 23-Sept. 22) No matter how far from home you may find yourself, you'll want to keep the communication flowing freely at all times.

LIBRA (Sept. 23-Oct. 22) Now is no time to keep secrets from loved ones. You'll want to be completely honest — even about things that seem suspect.

SCORPIO (Oct. 23-Nov. 21) Your mood is likely to shift dramatically as a result of changing rhythms and circumstances that you cannot fully control.

SAGITTARIUS (Nov. 22-Dec. 21) The more you are able to accomplish during the morning hours, the more likely it will be that you'll accomplish everything on your docket and more.

CAPRICORN (Dec. 22-Jan. 19) Do not waste the time you've been given as a result of unexpected developments. Be ready to swing into action as required.

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 211

E ₁	E ₁	U ₁	N ₁	T ₁	V ₄	R ₁

2nd Letter Triple

--

RACK 1

A ₁	A ₁	E ₁	Y ₄	W ₄	C ₃	R ₁

--

RACK 2

E ₁	I ₁	I ₁	U ₁	T ₁	M ₃	L ₁

--

RACK 3

A ₁	E ₁	O ₁	R ₁	P ₃	M ₃	C ₃

Double Word Score

--

RACK 4

Yesterday's Solution

L ₁	A ₁	S ₁	S ₁	O ₁	E ₁	S ₁
D ₂	E ₁	G ₂	R ₁	A ₁	D ₂	E ₁
C ₃	A ₁	U ₁	T ₁	I ₁	O ₁	N ₁
M ₃	A ₁	I ₁	L ₁	M ₃	A ₁	N ₁

RACK 1 = 57

RACK 2 = 70

RACK 3 = 65

RACK 4 = 61

PAR SCORE 195-205

TOTAL 253

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

4			1	8			9
					2		
	3	7	9		8		
9				7		6	3
			4		9		
2	8		6				7
		3			6	9	4
		4					
7			5	2			1

Yesterday's Solution

6	9	8	3	4	5	2	1	7
7	4	1	6	8	2	5	9	3
3	5	2	7	1	9	6	8	4
8	1	7	4	3	6	9	2	5
4	2	9	8	5	7	3	6	1
5	6	3	9	2	1	7	4	8
9	7	4	1	6	3	8	5	2
1	3	5	2	9	8	4	7	6
2	8	6	5	7	4	1	3	9

Need more Sudoku? Find another puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

Comics

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POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast



38 | 26

Today: Partly sunny and windy today. Partly cloudy, windy and cold tonight.



40 | 25

Tomorrow: Partly sunny, brisk and cold tomorrow. Partly cloudy tomorrow night.

Looking Ahead



THU

41 | 27



FRI

44 | 27



SAT

39 | 27

Sun and Moon

Sunrise today: 6:59 a.m.

Sunset today: 5:47 p.m.

Moonrise today: 7:48 a.m.

Moonset today: 8:29 p.m.

Almanac

Normal high: 46

Record high: 77

Normal low: 30

Record low: -6

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lookout puzzles

Crossword

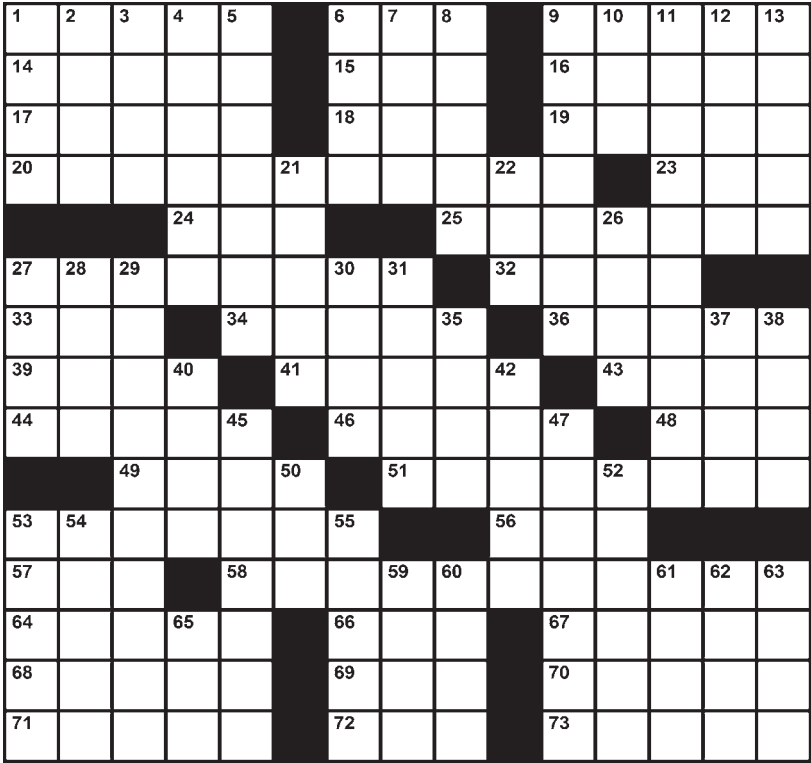
COLOR CODED

ACROSS

- 1 More than fear
6 "El," pluralized
9 Words to live by
14 "Divine Comedy" penner
15 "20/20" aier
16 Like the boonies
17 Mercury, in alchemy
18 It's heard in a herd
19 "___ you glad you did?"
20 Chicken, so to speak
23 Attitude of self-importance
24 Category in pitching's Triple Crown
25 Ball masks (var.)
27 Concentrated extracts
32 Saucy and sassy
33 "Rope-a-dope" pugilist
34 Flying flock of geese
36 Father of Indira Gandhi
39 Classroom reading
41 "No right turn ___" (traffic sign)
43 Litigation instigator
44 River embankment
46 Revolutionary periods?
48 GQ or Cosmo, e.g.
49 Congerlike
51 Like well water
53 Deserted
56 Baby food
57 Fall back
58 Combat award
64 Early American diplomat
66 Prospecting yield
67 Diffuse
68 Peptic problem
69 Answers to some proposals
70 West Yorkshire metropolis
71 ___ Peak, Colo.
72 2-BR listing
73 Chesapeake Bay or Oslo Fjord, e.g.

DOWN

- 1 1944 turning point
2 Bulldoze
3 An organic compound
4 Churchill was his
5 Does a cattleman's chore
6 Symbol of innocence
7 Certain chamber music instrument
8 Give a tongue-lashing to
9 Some horse cart operators
10 "___ Gang"
11 Aptitude for gardening
12 Certain drupe
13 A chorus line?
21 Screwball
22 Do more than prune (with "off")
26 Angers
27 "Duke of ___"
28 Fruit similar to a plum
29 Gorilla patriarch



EDITED BY TIMOTHY E. PARKER

- predecessor and successor
30 Choosing rhyme starter
31 Engendered
35 Very close
37 Not imaginary
38 Driving force
40 Directors Ang and Spike
42 A tieback ties it back
45 Couples marrying quickly
47 Language that "Kwanzaa" comes from
50 "Hey" follower
52 Zaius and Honorious, e.g.
53 Angry and impatient
54 Marks on old manuscripts
55 Capital of Sweden
59 Play thing?

- 60 "___ we forget" (Kipling)
61 Victim of sibling rivalry
62 Hardly gentlemanly
63 Reason for a cram session
65 Birth name signifier

Friday's Solution



Today in History

1862 Gen. Ulysses Grant demands the Confederate forces' unconditional surrender during the Civil War. About 14,000 troops surrender.

1923 The burial chamber of King Tutankhamun's recently unearthed tomb is unsealed in Egypt.

1959 Fidel Castro becomes premier of Cuba after the overthrow of Fulgencio Batista.

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**ENDINGS****Walters to Focus Solely On Arguing With Whoopi**

TV presenter Barbara Walters says next month's Oscar interview special will be her last, ending a 29-year tradition. Walters made the announcement Monday on "The View." She says she feels like she has "been there, done that." Walters' farewell Oscar special is tied to ABC's Oscar Awards telecast and will air March 7. It will feature nominees Sandra Bullock and Mo'Nique. (AP)

SURPRISE!**Brangelina Still Unsure Of What Just Happened**

According to Usmagazine.com, Brad Pitt and Angelina Jolie had a very special guest at their house on Valentine's Day — Sean Penn! The reason for his visit is unknown despite loads of speculation. One bland but reasonable explanation for the visit: Pitt and Penn are scheduled to co-star in the science-fiction film "Tree of Life," directed by Terrence Malick. (EXPRESS)



If you look very carefully, you can see Penn hiding behind Brad Pitt's shoulder.

Dirtbag Digest**To Love and To Exploit**

Usmagazine.com caught up with Spencer Pratt and his wife, Heidi, at a nightclub over the weekend and chatted about his wife's recent plastic surgery. Pratt admitted that his wife wasn't happy with the surgery initially and then confirmed she wants to get bigger breast implants, supportively adding, "she doesn't stop talking about it." (EXPRESS)



GETTY IMAGES

KARMA**Plane's Crew Saw 'Jersey Girl'**

Kevin Smith says a pilot ejected him from a Southwest Airlines flight from Oakland to Burbank, Calif., saying he didn't fit properly in a single seat. Smith raised a stink about the incident on his Twitter page Sunday, saying, "I'm way fat, but I'm not there just yet." Southwest says its "Customer of Size" policy requires travelers to fit safely and comfortably in one seat or make other arrangements. (AP)

**ADVOCATE****Mayer Hopes This Guy Has a Lot of Sway**

John Mayer has been under fire recently for a controversial interview he did with Playboy, but he still has one fan. The founder of the Isaac Foundation, which raises money for children with a rare enzyme deficiency known as MPS VI, says Mayer is a "kind, compassionate and caring person," according to People.com. Mayer has donated to the group and spent high-quality time with Isaac, the little boy with MPS VI and his father, Andrew McFadyen, the founder quoted above. (EXPRESS)

"I'm definitely looking. You've seen me looking."



— **MIKE "THE SITUATION" SORRENTINO.** IN AN INTERVIEW WITH PEOPLE.COM, THE "JERSEY SHORE" STAR GOES PUBLIC WITH HIS SEARCH FOR A GIRLFRIEND. SQUEAL!

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